



CITY OF SAINT PAUL

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**2008**  
***Capital City Football League***  
***11U/12U/14U***  
***Procedures/Guidelines***

**1. Age Guidelines**

- A. USA Football National Age Guidelines apply (players age on 12/31/2008 determines the level of play).
- B. 14U level: All 14 year olds must be in the 8<sup>th</sup> grade. **No 9<sup>th</sup> grade 14 year olds allowed** in the Capital City League.

**2. 2008 Timeline**

- A. Team Registration Deadline: Wednesday August 13<sup>th</sup>.
- B. Preview Wednesday Sept. 3<sup>rd</sup>.
- C. League play begins Sat. Sept. 6<sup>th</sup>.
- D. Team Playoff Registration deadline: Wednesday Sept. 30<sup>th</sup>
- D. Playoffs begin the week of Oct. 13<sup>th</sup>.

**3. Weight Limits/Weigh-In process**

**12u weight limits**

- \*11U - 120lb limit for skilled player (players may move up one level, but not move down)
- \*12U - 125lb limit for skilled player (players may move up one level, but not move down)

**14u weight limits**

- \* 150 lb limit for skilled players.

**Weigh-In process**

1. Players/Coaches must have proof of age (birth certificate, baptismal, green card, official letter from school) present at weigh-in. If a player does not have proof of age he/she will not be allowed to weigh-in or participate.
2. Coaches must have the following info for each player prior to weighing-in: Name, signature address, phone, proof of age, grade, school, and jersey number.
3. A picture will be taken of each individual at weigh-ins.
4. **Team weigh-ins** will be conducted Aug. 25 - 29 with respective Sports Specialists. **Individual/Late Weigh In dates:** Sat. Sept. 6<sup>th</sup> (7:30am-12:00pm) & Tue. Sept. 9<sup>th</sup> (5:30-7:30pm) both at the Municipal Athletic office 1500 Rice Street.
5. Players will not be allowed to move from one team to another after Sat. Sept. 6<sup>th</sup>.
6. Rosters frozen as of 7:30pm Tuesday Sept. 9<sup>th</sup>. (No new players)
7. Coaches must have completed rosters and birth certificates prior to weigh-ins.
8. Players may only weigh-in one time, no exceptions!



CAPRA Accreditation

AA-ADA-EEO Employer



National Gold Medal Award

#### **4. Coaching Certification**

- A. St. Paul Parks and Recreation will provide certification process, and will monitor/keep records.
- B. All coaches must become certified prior to the season, or when clinics are offered.
- C. Check with your local recreation center for the coaching certification dates and times.

#### **5. Officials**

- A. Employed by St. Paul Municipal Athletics.
- B. Training provided by St. Paul Municipal Athletics
- C. Three person crews
- D. 12U \$38 per official
- E. 14U \$40 per official

#### **6. Administration of League**

- A. St. Paul Municipal Athletics
- B. No roster limits
- C. Maximum of 5 coaches on the sideline.
- D. Teams and spectators on opposite sides of the field, unless otherwise noted.
- E. Team areas will be marked (between the 20 and 45 yard lines respectively)

#### **7. Residency**

- A. St. Paul residents
  - \* May play anywhere in St. Paul
- B. Non-St. Paul residents
  - \* Must attend school in St. Paul (or St. Paul affiliated school)
- C. A team intact from outside of St. Paul (i.e. St. Paul Park) may participate if approved by SPPR.

#### **8. Illegal players**

- A. If a player is found to be illegal, that player forfeits his/her right to play the remainder of the current season. In addition, the team found to have an illegal player will forfeit all games that the illegal player participated in.

#### **9. Boundaries**

Open enrollment within the city limits.

#### **10. Participation**

Please refer to St. Paul Parks and Recreation's Minimum Playing Requirements.

#### **11. Rosters**

**Rosters must be turned in electronically**

\* These guidelines/procedures were developed by Capital City League coaches, the SPPR Athletic Committee, and St. Paul Municipal Athletics.